

Pesto Shrimp Pasta

The pesto sauce in this recipe blends well with the shrimp and Fettuccine for a delicious main dish.

Recipe Type: Main Dish, Pasta, Seafood

Degree of Difficulty: Moderately difficult

Ingredients

1 cup chopped fresh kale, stems removed
½ cup fresh basil leaves (about ½ oz.)
2 cloves garlic, halved
¼ cup grated Parmesan cheese
⅛ tsp salt
1 cup plain, non-fat yogurt
1 tsp vegetable oil
1 lb medium shrimp, peeled and deveined
1 package Fettuccine noodles



Directions

- 1 Prepare pasta according to package directions.
- 2 Combine kale, basil, garlic and Parmesan cheese in a food process or blender. Blend until pureed.
- 3 Add salt and yogurt. Stir until blended.
- 4 Place the oil in a large skillet and heat over medium-low. Add the shrimp and saute for about 4 minutes or until shrimp is bright pink and cooked through.
- 5 When pasta is done according to package directions, drain and place in a large serving bowl.
- 6 Add the kale mixture and toss until pasta is coated evenly.
- 7 Add the shrimp tossing gently and serve.

Nutrition Facts

Nutrition (per serving): 349 calories, 6.7g total fat, 1.9g saturated fat, 185.9mg cholesterol, 1072.7mg sodium, 41.8g carbohydrates, 3g fiber, 1.2g sugar, 28.7g protein.

Servings: 4

Yield: 4 servings

Weight Watchers Points

Note: The shrimp, non-fat plain yogurt and kale were not used for the FreeStyle SmartPoints. All other points values did not include the Kale.

Orig. WW Pts: 7

Points Plus: 8

Smart Points: 8

FreeStyle Smart Points: 6

Tips

Add some red and yellow bell peppers for extra flavor. Just sautee them along with the shrimp.